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Session 6: Personal Well-Being

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Session 6: Personal Well-Being

Materials Needed for This Session:

1. Google Slides/Notes Pages
2. Copies of ½ sheet wellness pledge
3. Time Monitor handout to complete for next time

“Top 3” Items to Cover:

Try really hard to cover all the content shared here, but if for whatever reason you MUST make choices about what to cover, please focus on:

- Articulate strategies to cultivate healthy habits to address stress.
- Define consequences of healthy and unhealthy coping mechanisms.
- Discuss strategies to improve the eight different dimensions of wellness.

Most important slides to cover*: (Please note that not covering some content might alter the flow of the presentation)

4, 5, 6, 7, 8, 9, 10, 11, 13, 14, 15

Person responsible for developing this session: Chrystal Woller

1. **Session Title: Personal Well-Being**
2. **Session Date: Thursday, September 7, 2017**
3. **Plenary or Small Group? Small Group**
4. **Learning Outcomes**
 - a. Demonstrate interpersonal skills consistent with student success.
 - b. Articulate, defend, and act on community and personal values.
5. **Other Goals, if applicable: N/A**
6. **Brief Narrative**

This session will assist incoming students the relationship between underlying personal beliefs and emotional experiences (i.e. stress). Together, the students will articulate strategies to cultivate healthy habits to address stress. Briefly the the class will touch on consequences of unhealthy coping mechanisms. Finally, the students will discuss resiliency and how important the 8 dimensions of wellness are to strengthening their resilience.

Lesson Outline

- I. Attendance
- II. **Personal Well-Being (Google slides)-25 minutes**
 - a. Gateway learning outcomes related to this class session
 - b. Specific goals for the session
 - c. Define stress
 - i. Positive and negative stressors
 - d. Identify emotional and physical symptoms of acute stress/chronic stress
 - e. Addressing stress
 - i. Healthy strategies that can evolve to healthy habits
 - 1. Time for self: (yoga, music, meditate, reflection/contemplation)-12 minutes per day
 - 2. Limit caffeine (and alcohol)
 - 3. Exercise-use a buddy system
 - 4. Eat well-balanced meals
 - 5. Sleep
 - 6. Deep breathing/count to 10
 - 7. Define what you can control
 - 8. Talk to someone (support systems: on campus/personal)
 - ii. Introduction to mindfulness
 - 1. Short 4 minute video
 - iii. Unhealthy Coping Mechanisms
 - 1. Discuss alcohol and other substances and consequences on personal health and the Impact of decisions (YouTube Video link) to include some/all:
 - a. Sexual behavior
 - b. Disorderly conduct
 - c. Academic performance
 - d. Relationships
 - e. Employment
 - f. Campus Confidential Resources
 - i. Health and Wellness Services
 - ii. Counseling and Psychological Services

- g. Define resilience
 - i. YouTube Video
 - h. Discuss impact of decisions on life trajectory (image)
 - i. Wellness Wheel (8 dimensions of wellness)
 - III. Individual and small group discussion/activity-**20 minutes**
 - a. Individual: Identify ways that they are already resilient (key characteristics they already have: inner strength, connections, adaptability-from Strengthsquest)
 - b. Small group (break into 3 groups of 10): Utilizing personal strengths identified in Strengthsquest discuss in a small group how those strengths can assist individuals in working on improving health in one of the eight dimensions of health.
 - IV. Report out to the large group-**10 minutes**
 - V. Pledge: Write one strategy to improve within 1 of the 8 dimensions. Turn into h&ws through interoffice mail.
 - VI. Summary/preparation for next week- **5 minutes**
 - a. Hand out Time Monitor and have students track how they use their time from today until we meet next.
7. **Materials Needed** (handouts, markers, any materials needed for experiential elements, etc.)
- a. Google Slides/Notes Pages
 - b. Copies of ½ sheet wellness pledge
 - c. Time Monitor handout to complete for next time
8. **Background Information** for facilitators, if applicable (short readings, links to relevant websites, videos, etc.)

If you recommended that the content be a part of a quiz, please write 1-2 multiple choice questions that could be utilized in a quiz.

Identify the eight dimensions of health:

- a. Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social, Spiritual
- b. Recreation, Mindfulness, Environmental, Intellectual, Occupational, Social, Spiritual, Nutrition
- c. Stress, Fun, Hectic Schedule, Financial, Environmental, Social, Occupational, Nutrition
- d. None of the above

If there is another way that you think we should assess student learning for this lesson, please describe.

The pledge to wellness (personal testimony)

Please provide link(s) to YouTube videos, handouts, powerpoint slides, or other media that should be utilized for this lesson.

See google slides embedded in the outline

Is there anything else about this lesson that we need to know?

*Dim the lights for the mindfulness exercise

Is there anything you need from the Gateway 5 to complete this curriculum outline?

Please upload any additional documents that are necessary.